THE HERBAL WORKSHOP PRESENTS

HOW TO MAKE TINCTURES

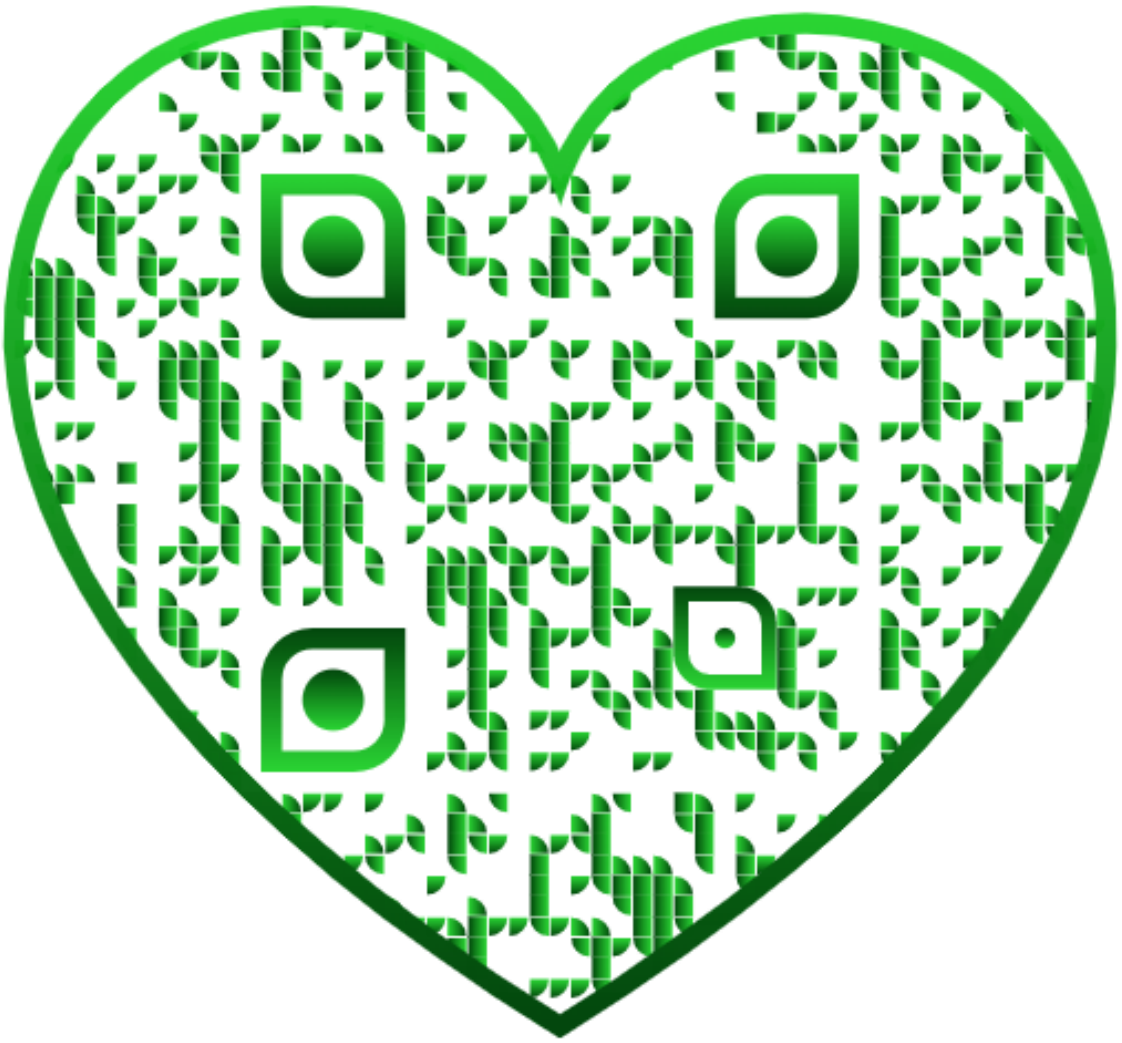
AND HEAL YOUR BODY NATURALLY

Simple to Follow Step-by-Step Instructions

Contains Recipes To Make Over 20 Easy Remedies

Easy to Find Items - Many of Which You Already Have!

JESSICA ROSS



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JESSICA ROSS

How to Make Tinctures

Written by: Jessica Ross
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INTRODUCTION

Drift into the fantastically aromatic field of remedial tinctures and expose an alternative, balanced you. Uplift your spirits, restore your present health, and take pleasure in absolute tranquility. No matter whether your passion is a particular ailment or universal health and well being, scientifically integrated medicinal herbs & spices may enhance your life with their mysterious, vitalizing, and physical health giving capabilities.

In this book, I take you by the hand as you delve into making tinctures which yield miraculous results, from herbs & spices you already know and may have growing in your garden or hidden away in your kitchen. Once you enter the fascinating world of tincture making, your life will never be the same again.

Yours Truly,

Jessica Ross

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THIS BOOK DOES NOT OFFER OR ENDORSE MEDIAL ADVICE – CONSULT YOUR MEDICAL PROFESSIONAL FOR ANY MEDICAL OR HEALTH RELATED ISSUES. IF YOU DO USE THE INFORMATION CONTAINED WITHIN, IF SYMPTOMS PERSIST, SEEK MEDICAL HELP IMMEDIATELY.

IF YOU HAVE AN EXISTING MEDICAL CONDITION OR ARE TAKING PRESCRIPTION DRUGS, SEEK ADVICE FROM YOUR MEDICAL PRACTITIONER BEFORE USING THIS BOOK.

BEFORE WE BEGIN

Navigating the world of herbal treatments can encourage a hungry fascination. Finding wellbeing with the aid of natural herbs frequently produces an adventure that's transformative and empowering. This experience might also astonish our intrigued minds! We are now privileged to now have an extraordinary wealth of knowledge about plant medication at our fingertips these days, however the stunning complexity that accompanies natural and organic therapy tends to make understanding the nuances a lifetime process.

A drink of herbal tea or even a dropperful of tincture can readily unlock the entrance to herbalism. Many people start their investigations producing these uncomplicated and successful treatments. Nonetheless, basic ideas frequently end up muddied when juggling Latin binomial nomenclature, formulation factors, physiological effects, historical examination, along with other interests within the craft. The most popular mix-ups happen from misused terminology. One expression that is often employed on various preparations is tincture. What exactly is a tincture and is there any kind of distinction between a tincture and an extract?

Tinctures are highly concentrated natural extracts which have alcohol as the solvent. If you begin using water, vinegar, glycerine, or any kind of menstruum (solvent) besides alcohol, your formula is an extract – not a tincture.

It is for this exact reason that I have created my personal newsletter, to help you on your journey. Each issue is crammed full of insightful articles, creative ideas and possibly best of all for the freshly found 'herbalist' in you, I will ensure to give you free formula's and recipes in each one from my own personal recipe library – many of which I won't publish anywhere else.

Don't worry though, I won't bombard your inbox with rubbish, I'll only email when I have something good for you.

It's easy to get started, simply head over to
http://ross.theherbalworkshop.co.uk and fill out your details.

I look forward to you receiving your first newsletter full of unusual, creative and amazing projects for you to create.

Jessica

What is a tincture?

What exactly is a tincture you might question...?
Tinctures are liquid extracts produced from plants. They are usually made in alcohol; nevertheless they may also be extracted in water, vegetable glycerine or apple cider vinegar. Tinctures are straightforward and convenient to use, for the beginner or advanced practitioner alike.

They are also much more convenient to give to children because they need to take only small quantities (see our Child Dose section). Since they are used straight under the tongue, they enter the bloodstream a great deal more directly as compared to any other means, which means that the behaviour inside the body is frequently speedier.

Even though some herbal remedies can have an immediate effect, for example those adapted to help an individual to relax. Others which are more nourishing in nature may take a little longer. Nourishing tinctures may take a week or two of ongoing use before best results are seen.

WHY CHOOSE TINCTURES OVER OTHER OPTIONS?

Simple, convenience!

You can take tinctures anywhere, and a month's worth of tincture takes up a small 30ml or 1oz bottle which is easily placed in any woman's hand bag or guys wash bag. There are no pills, potions or creams to carry around and in most instances they are in your bloodstream working away within a few minutes instead of hours.

You can make a tincture easily at home, for pennies per dose, and it is 100% organic (if you choose organic herbs). Plus, if you decide you want to take them as a tea, then you can. All from the same bottle!

How do I use a tincture?

Tinctures are normally taken by the dropperful. A dropperful is the quantity of the liquid that fills the glass pipe of the dropper the instant the bulb on the dropper top is squeezed and released. The suspension may possibly fill the glass tube no more than a little amount of the way, but that happens to be regarded an "eyedropper". An eyedropper is the same as around 30 drops.

On all of the dropper tops, regardless how big or tiny of a tincture container they come in, the bulb (the element you squeeze) is identical capacity on them all. The bulb is exactly what establishes the amount of liquid floods the tube, not the distance of the tube itself.

To take a tincture, you should take the droplets straight under the tongue. This gets the herb directly into the bloodstream. Should this become required, it will be good to water down the tincture in a tiny bit of water or juice. It can be flavoured with apple or honey to obscure the taste. (Take note: on no account give honey to a child under one full year of age.)

You may even put the eyedropper of tincture into a mug of warm or hot water for an instant cup of herbal tea. Heat your water in the beginning, before adding the herbal treatments. Heating the herbal remedies in a microwave may well eradicate or weaken their healthy benefits.

NOTE: If you want to make alcohol based tinctures but do not want the alcohol, simply let a cup of boiled water stand for 3 minutes and add your tincture to that and let stand a further 3 minutes, the alcohol will all be burned off.

With regards to a typical dose of two eyedropper three times a day, tinctures will typically last for:

1oz. (30ml) tincture bottle will last about seven days
2oz. (60ml) tincture container will last fourteen days
4oz. (120ml) tincture glass bottle would probably commonly last about a month.

ADULT DOSE

A standard recommended adult amount for tinctures is 2 droppersful between two and three times per day. Although some mixtures will provide supplementary dose information and these have to be followed in place of the primary dose.

For children under 12, you need to refer to our Children's Dosage Page for options. For pregnant or lactating women see the following information.

DURING PREGNANCY

Indeed, tinctures are suitable for pregnant or breastfeeding women, even the alcohol-based solutions. One measure of an alcohol-based tincture has about the comparable alcohol content as ingesting an extremely ripened banana. You can of course make non-alcohol variations of virtually all our tincture recipes.

For a few plants, along the lines of roots, barks, fruits, and also non-aromatic seed products, it takes a formidable liquid for example alcohol to remove the medical attributes from the plant. Extracting with a less-powerful solution will simply develop a less-effective product - truly, a waste of your energy and budget. For those of you that would like a non-alcohol item, you may place the drops of tincture into a little bit of hot water (the amount is not important, but definitely not boiling water - safety first), wait around for 2 minutes, and this will dissolve the alcohol content, providing only the herb matter behind.

There are other considerations however, and the following tables will help aid you in deciding which tinctures are best for you. You can always choose to leave out specific herbs from the blends if you decide.

HERBS TO AVOID DURING PREGNANCY

5-W
Angelica Root
Basil
Beth Root
Birthroot
Black Cohosh
Black Walnut
Bladderwrack
Blessed Thistle
Blue Cohosh
Blue Vervain
Boneset
Borage
Buchu
Buckthorn
Burdock Root
Butcher's Broom
Butternut
Calendula
California Poppy
Cascara Sagrada
Catnip
Chaparral
Cinnamon
Coltsfoot
Comfrey Leaf
Comfrey Root
Cotton Root Bark
Damiana
Dong Quai
Elecampane
Ephedra
False Unicorn
Fenugreek
Feverfew

Ginger (in large amounts)
Ginseng (Siberian Ginseng aka Eleuthero is fine, except for those with high blood pressure)
Goldenseal
Gotu Kola
Hops
Horehound
Horsetail
Hyssop
Jamaican Dogwood
Juniper Berry
Kava Kava Root
Kelp
Lemon Balm
Lemon Grass
Licorice Root
Lobelia
Lovage
Ma-Huang
Marijuana
Mistletoe
Motherwort
Mugwort
Myrrh
Oregon Grape Rt.
Osha Root
PN6 Capsules/Tea
Parsley
Pau 'd Arco
Pennyroyal
Pleurisy Root
Poke Root
Red Clover
Rosemary
Rue (Ruta graveolens)
Saffron
Sage
Sarsaparilla
Sassafras

Saw Palmetto
Senna
Shepherd’s Purse
Skunk Cabbage
St. John’s Wort
Sumac
Tansy
Thyme
Turkey Rhubarb
Turmeric
Uva Ursi
Vitex
Wild Cherry Bark
Wormwood
Yarrow
Any herb used as a laxative

HERBS TO AVOID DURING LACTATION

Black Cohosh
Black Walnut
Bladderwrack
Borage
Buchu
Buckthorn
Cascara Sagrada
Chaparral
Coltsfoot
Comfrey Leaf
Comfrey Root
Damiana
Elecampane
Ephedra
Ginseng *(Siberian Ginseng aka Eleuthero is fine, except for those with high blood pressure)*
Goldenseal *(internal use in jaundiced newborns)*
Horsetail
Jamaican Dogwood
Juniper Berry
Kava Kava Root
Kelp
Licorice Root
Ma-Huang
Mugwort
Myrrh
Oregon Grape Root *(in jaundiced newborns)*
Parsley
Pleurisy Root
Rue
Sage
Sarsaparilla

Saw Palmetto
Senna
Sumac
Turkey Rhubarb
Uva Ursi
Wormwood

CHILD DOSE

The following charts and suggestions may be helpful in determining the approximate appropriate amount of tincture to administer to your child. Please always keep in mind, however, that these are simply guidelines. Your child's height, weight and overall health must also be taken into consideration. Not forgetting the strength and quality of the herbs to be given, along with the nature of your child's illness.

When the adult dose is 2 droppersful (60 drops), the following is recommended for children, obviously change the amount based on the adult dose:

Age -- Dosage

Younger than 3 months	3 drops
3 to 6 months	4 drops
6 to 9 months	5 drops
9 to 12 months	7 drops
12 to 18 months	8 drops
2 to 3 years	10 drops
3 to 4 years	12 drops
4 to 6 years	15 drops
6 to 9 years	24 drops
9 to 12 years	30 drops

Other ways to determine dosage

Young's Rule

Add 12 to the child's age. Divide the child's age by this total.

Example: dosage for a 4 year old: 4 divided by 16 (4+12) = .25, or 1/4 of the adult dosage.

Cowling's Rule

Divide the number of the child's next birthday by 24.

Example: dosage for a child who is 3, turning 4 would be: 4 divided by 24 = .16, or 1/6 of the adult dosage.

MAKING YOUR FIRST TINCTURE

Before we dive into making tinctures, possibly your first time, there are a few simple things to know beforehand to make life so much simpler.

Have sterilised jars ready with tight fitting lids. Jam or preserve jars work well.

Ensure you have plenty of space to work, this can get messy

Make sure you have the correct amount of her or root at hand (see below)

Make sure you have plenty of your chosen liquid to completely cover the herb material

You will need

Jars and lids
Funnel
Amber or Blue bottles and lids
Pipette
Filters (coffee filters or a fine mesh sieve lined with a cheesecloth)
Pen
Sticky labels

Fresh Herb

When using fresh herbs, as cut from your garden or similar, you will need to follow the following directions.

- Finely chop or grind clean herb to release juice and expose surface area.
- Fill your jar 2/3 to 3/4 with herbs or fill your jar 1/4 to ½ with your roots.
- Pour chosen liquid over the herbs, covering completely.
- Your jar should appear full of herb or roots, but should move freely if shaken.

Dried Herb

When using dried herbs & roots, similar to those purchased, the following directions are best practice.

• Use finely cut herbs or roots.
• Fill your jar 1/2 to 3/4 with herbs or fill your jar 1/4 to 1/3 with roots.
• Pour chosen liquid over the herbs, covering completely.
• Roots will expand by ½ their size when reconstituted!
• Your jar should appear full of herb or roots, but should move freely if shaken.

If you have everything that you need ready and have around 30 minutes, then let’s get started…

PREPARATION

There really isn't much to this step. My best advice is to get your working area well organised, clean and clear of anything that may get in the way.

Make sure you will have at least 30 minutes to an hour so you can take your time and not get muddled or have a cat jump onto your jars as you're filling them (yes it happens).

This is also the time to sterilise your jars and lids, and equipment you will be using and thoroughly clean your hands (or put gloves on).

You should know what it is you want to make and have a list of ingredients you can 'check off' as you go along with weights or measurements.

MAKING THE TINCTURE

You will need
Jars and lids
Funnel

Actually making the tincture is the fun part, it's where you can be creative but at the same time know what the outcome will be. In this chapter I will cover the three most common methods for making tincture/extracts which are alcohol, glycerine & vinegar.

The steps leading up to and after each are identical so you just need to choose your preferred liquid.

For our 'Tincture 101' lesson we will be using dandelions, available everywhere for free and they have great health benefits too.

Dandelions are the best starting point. This commonplace flower bears a large number of important actions on the human body. It is a bitter herb and a strong digestive aid. Consuming it in moderation as a tonic for the entire body is extremely safe, and can be extraordinarily valuable in treating an assortment of ailments. For instance slow-moving digestion and even skin flare ups.

Find the best dandelion, and acquire the whole thing. The roots of dandelions are very long, sturdy, and winding. Try your hardest to obtain the most root matter as possible. If some of the root happens to split off, don't fret; the bit left behind grows into a whole new plant. Shake the earth off the root ball and put your plants into a basket: blossom, seedpod, foliage, roots, and all.

In my exploration, I found that working with the complete plant will give you the most totally complete tonic, but if you prefer, yours could be merely root, just simply leaf, or merely floral. During this illustration we use it all.

The vegetation is going to be unwashed. Clean them, wash them and clean them again.

After the dandelions have been cleaned, commence cutting all of them up. Dice the roots first. You can bruise and cut these roots, bruise them by pounding them with something heavy and hard. The hard, dark root bark should part to unveil pure, white-colored flesh. Succulent, milky sap should flow out. That's the good stuff. Now, chop the herb and stems into pieces equally well.

Next we add the menstruum (this is the herbalist's word for solvent. It's the liquid in the recipe. The menstruum extracts the properties of the plant, and at the same time preserves them). Skip to the step for the liquid you are using…

ALCOHOL METHOD

Alcohol is an excellent menstruum; 100 proof grain alcohol is the most effective preference, but vodka, gin, or rum work extremely well as a replacement. This illustration uses the strongest vodka I was able to locate which happened to be Smirnoff.

Place the chopped plant matter into a jar following the guidelines in '[Making your first tincture]'. After that pour in the menstruum (Alcohol) until the plant matter is just slightly covered with the liquid.

At this point pour the concoction into a blender. Blend to your heart's content. I discontinued when the particles of herb looked good and pulverized, in addition to the liquid was unclear and milky.

Pour the whole thing back into the jar, and screw the lid on tight.

Place them somewhere warm for the next 4-6 weeks.

GLYCERINE METHOD

Glycerine is a good substitute if you are looking for a nicer tasting extract, as some people can find the vinegar to be fairly harsh and the alcohol to be very bitter. However, you should note that out of the three types covered in this book, it is the least effective. That said, still useful and helpful in a pinch.

Place the chopped plant matter into a jar following the guidelines in 'Making your first tincture' then you're ready to make your extract.

In the case of glycerine I would be tempted to use 50% glycerine to 50% bottled spring water, pre-mixed before adding to the herb mix.

The same rules apply, add your herbs to the jar, and cover with your 1:1 glycerine/water mixture until the herbs are totally covered.

Screw the lids on tight and set aside.

Here's where the glycerine method gets complicated. If you live in a sunny climate you can skip this part, however if you experience the harsh winters we do in the UK then this next step is imperative.

A glycerine extract requires heat. If you do live where the sun doesn't appear very much then this heat will need to be artificial. For this you have a number of choices, but be aware that the glycerine must be kept well below its boiling point.

The optimum methods are either in an airing cupboard or a Crockpot on its 'keep warm' setting. I prefer the airing cupboard option, as it's free, seems to produce a better extract and doesn't require any further room.

Using this option simply pop your filled jars in the airing cupboard for 3-4 weeks. Alternatively, if you're using the Crockpot option you will need to place your jars in there for between 24 & 48 hours.

If however you're fortunate enough to live where it's sunny, simply place the jars where they will be warm and in the sunlight. Again for 3-4 weeks. A

windowsill is ideal.

To recap:

Airing cupboard: 4-6 weeks
Crockpot: 24 – 48 hours
Sunny climate: 3-4 weeks

VINEGAR METHOD

The vinegar method is particularly beneficial if you cook a lot, as the extract can be used very easily in dressings and cooking without degrading the herbal benefits.

It's also a great way to get the healing benefits of apple cider vinegar while getting the goodness from your herbal preparations.

The vinegar method is exactly the same as the other two methods, prepare your herbs, place them in your jars and cover them in your liquid, in this case vinegar.

Place the chopped plant matter into a jar following the guidelines in 'Making your first tincture'. After that pour in the menstruum (Vinegar) until the plant matter is just slightly covered with the liquid.

At this point pour the concoction into a blender. Blend to your heart's content. I discontinued when the particles of herb looked good and pulverized, in addition to the liquid was unclear and milky.

Pour the whole thing back into the jar, and screw the lid on tight.

Place them somewhere warm for the next 4-6 weeks.

When you make up full strength tinctures with these seasoning natural herbs, as opposed to the weak brews you've most likely been making, you'll be enthusiastic with the marinades and salad dressings you'll have enough knowledge to create and enjoy.

Monitoring & Agitation

For the upcoming weeks, keep your jar in a cool, darkened place (unless glycerin based), and shake it strenuously on a daily basis. Shaking the tincture avoids the plant matter from settling, and opens up a greater portion of its surface area to the menstruum. Shake it and then store it; store it and then shake it. Taking a look at on the tincture each and every day permits you to look at the modification from green liquid to darker brown

Topping up

Depending on how long you need to leave your jars for, you may from time to time notice that they require a little bit of a top up. This is fine, there are no rules to say you cannot top them up, however, only top up vinegar or alcohol based tinctures as you will be introducing bacterial to them if you do, and glycerine doesn’t do too well with bacteria.

LABELLING & STORAGE

You will need
Funnel
Amber or Blue bottles and lids
Filters (coffee filters or a fine mesh sieve lined with a cheesecloth)
Pen
Sticky labels

After a few weeks, the tincture is intense and potent. Strain the plants matter from the liquid using a fine mesh sieve and cheesecloth over a sterilized bowl or other container.

Then, using a funnel with a coffee filter inside, decant the tincture into a dark glass container for lasting storage.
Vinegar and alcohol tinctures have a relatively long life span. Glycerin tinctures do also, provided that they are refrigerated.

Next you will need to label your creation.
I suggest you write the following on your label:
Common name:
Latin name:
Part used:
Fresh/dry:
Menstruum:
Habitat:
Date:
Dose:

So an example label could look like:

Common name: Dandelion
Latin name: Taraxacum officinale
Part used: All
Fresh/dry: Fresh
Menstruum: Alcohol (Smirnoff)

Habitat: Parkland
Date: 01/01/1900
Dose: 60 drops twice daily

Keep in a cool, dark location and your extracts can last for quite some time. Making your individual tinctures is uncomplicated and gratifying. The process allows you to form an intimate relationship with both the plants you study and the medication they provide.

POPULAR TINCTURE RECIPES

ARTHRITIS

DANCING QUEEN - ARTHRITIS TINCTURE

Arthritis is a terrible disease, crippling the people it infects; stealing their life from them in what seems an instant. Modern day drugs cannot help much and the alternatives offered are joint replacement surgeries. Yikes! How about trying one of the following tinctures before letting Dr. Crippin have a go at your joints?

Ingredients

1 part devil's claw root chopped up (not powdered for this recipe)

Enough menstruum of your choice to completely cover the herbs.

Directions

Take about 1 tsp/ 3 times a day under your tongue or add to a little water or juice and drink down.
Drink before eating for best absorption.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.
Do not use if you have a gastric or duodenal ulcer.
Do not use if you are prone to gallstones, consult your doctor first.
Do not use if you have diabetes or take medication that affects blood sugar, consult your doctor first.
Do not use if you are pregnant.
Although tinctures are great herbal remedies for arthritis they can have drug interactions so check with your doctor first.

GETTING JIGGY WITH IT - ARTHRITIS TINCTURE

Ingredients
1 part fresh stinging nettle

Enough of your chosen menstruum to cover the herbs.

Directions
Use 2 ml of tincture 3 times a day as an adult dose for the conditions listed above.

Warnings
If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.
Although tinctures are great herbal remedies for arthritis they can have drug interactions so check with your doctor first.

STICK IT TO 'EM - ARTHRITIS TINCTURE

Ingredients
1 part dried white willow bark

Enough of your chosen menstruum to cover the herbs.

Directions
Take 5-10 drops of tincture (or about one tsp) in water three times a day. (Do not exceed this amount as it can cause stomach irritation or upset.)

Warnings
If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.
Do not take if you are allergic to aspirin or have a peptic ulcer or kidney disease, gout or asthma.
Kids and teens under 16 should not take white willow bark.
Nor should you take it if you are pregnant or nursing. Do not combine willow bark with ginkgo or vitamin E.
If you are having surgery do not take it for a few weeks before or after surgery.
If you get upset stomach or tinnitus (ringing in the ears) stop taking it immediately.
Although tinctures are great herbal remedies for arthritis they can have drug interactions so check with your doctor first.

ATHLETES FOOT

ONE GIANT LEAP – ATHLETE'S FOOT TINCTURE

Athlete's foot can be painful, embarrassing and downright annoying. Yet despite it being a relatively easy and simple problem to cure, it still persists after many treatments from other natural products.

Help is at hand though, simply mix up this tincture and your athlete's foot won't stand a chance.

Ingredients
20 to 30 garlic cloves, minced
2 to 4 teaspoons ground cinnamon
2 to 4 teaspoons powdered cloves

Enough of your chosen menstruum to cover the herbs.

Directions
To treat your athlete's foot, I suggest that you use cotton balls, cotton pads or a cloth to apply the tincture to the entire sole of the foot as well as between all the toes. Simply apply the tincture at least twice a day, morning and night. Let it thoroughly dry, and once it is, just dust your entire foot with cornstarch (corn flour). Warnings

Warnings
If a rash or any unusual irritation develops, discontinue using Athlete's Foot Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.
Store tincture in refrigerator and use within 30 days.

BLOOD TONIC

Thicker Than Water – Heart & Blood Tincture

We take time to ensure our bodies are working correctly, but what about our blood? Something we can't really do much about? Well maybe, but this tincture does a damn good job trying.

This tincture can be quite powerful allowing it to develop a big energy boost. Hawthorn has long been generally known as a cardiovascular tonic, conditioning the heart and blood. It will actually stimulate your heart to beat.

Ingredients

1 part hawthorn berry
1 part ginseng
2 parts olive leaf

Enough of your chosen menstruum to cover the herbs.

Directions

Take 5-10 drops of tincture twice a day

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.
If you are on heart medications, consult a naturopath or holistic healer before using hawthorn

CALMING TONIC

Chillax – Calming Tincture

Sometimes you just get in from work and need to relax. However, in this day and age, relaxing is more and more difficult with 1001 things we need to do before we can truly settle down.

Enter the nerviness. Nervines are medicinal herbs and spices that support the health of the nervous system. Used preferably to reduce discomfort and control the nerve impulse.

Nervines are divided into three classes…sedative, building, and stimulants.

When using these types of supporting herbs in the making of plant-based treatments — for the objectives of soothing the nervous system — it is reasonably beneficial to choose those herbs which are identified as sedative and building.

Ingredients

2 parts lemon balm
2 parts catnip
1 part skullcap
1 part passionflower
1 part oatstraw
1/4 part hop flowers

Menstruum of choice to cover herbs.

Directions

Take 1-3 dropperfuls just before bed or any moment relaxing is necessary. Specifically valuable after stressful/highly emotionally charged occasions. For added sedative effects add 1/2 part of valerian root.

Warnings

There may be some question on the use of skullcap on children under 6 and expecting and nursing mothers…so I would absolutely advise that you ask a

professional healthcare provider.
If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

COLD SORES

Kiss Me Quick – Cold Sore Tincture

Cold sores are unsightly and very contagious. Sadly, the majority of the so called ‘cures’ on the market are little more than a way to get rid of them faster, and if you’ve ever suffered with them, that’s good enough! However, how about a natural, homemade approach that works much faster?

Ingredients

1/2 teaspoon St. John's wort tincture (made as a single tincture)
1/2 teaspoon licorice root tincture (made as a single tincture)
5 drops tea tree essential oil
3 drops myrrh essential oil

Directions

Apply directly to cold sore lesions three times a day or more with a cotton ball.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

COLDS & FLU

Not to be Sneezed at – Cold & Flu Tincture

As I write this book it is autumn in the UK, prime time for the winter bugs and nasties to start infecting us with their colds and flu germs. Well that is unless you take this tincture to fend them off.

The elderberry and rose hips have a considerable amount of vitamin C and bio-flavonoids to help your body kill the virus. Usnea lichen is an excellent immune booster and has antibiotic characteristics that are targeted to the respiratory and urinary systems. Mullein encourages lung well-being and strengthens our lungs

Ingredients

1 part rose hip
1 part elderberry
2 parts usnea lichen
1 part mullein

Menstruum of choice to cover herbs.

Directions

2 full droppers twice a day in hot (not boiling) water or tea.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

Redemption – Cold & Flu Tincture

I've added this as a bonus recipe, I wasn't going to include it as it's so powerful, but when it comes to colds, you have to be a bit ruthless.

Ingredients

2 parts dried echinacea root
1 part fresh lemon balm
1 part fresh horehound
1 part fresh sage

Menstruum of choice to cover herbs.

Directions

At the sudden onset of cold and flu symptoms, begin taking 1/4-1/2 a teaspoon of the tincture every 30 minutes to an hour until symptoms subside.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

DEPRESSION

Smiley Happy People – Anti-Depression Tincture

Depression isn't nice to watch, so you can only imagine what it is like for the people suffering with it. Days on end where they lack motivation, don't feel like doing anything and in the worst cases feel suicidal.

This is why I have included this tincture in the book, however, depression is a very dangerous thing to ignore, go and see your doctor and get the medical advice you need.

Ingredients

1 part ginkgo biloba
1 part St. John's wort
1 part Skullcap
1 part Milky oats

Menstruum of choice to cover herbs.

Directions

Take 1 teaspoon 3 times daily. This tincture may take a month or two to show positive results.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.
Check the list of ingredients if you are pregnant or nursing against our list to avoid under these conditions.
There may be some question on the use of skullcap on children under 6 and expecting and nursing mothers…so I would absolutely advise that you ask a professional healthcare provider.

DIARRHEA

Sit it Out – Anti-Diarrhea Tincture

Ok, we all enjoy a bit of toilet humour, but it's really no joke when you can't leave the house, let along the bathroom for fear of not getting back in time. I know there are many over the counter preparations which work wonderfully, I have sadly had to use them once or twice myself, however, I don't like putting chemicals into my body if I can help it, so I developed this tincture.

Agrimony is an astringent herb, firming up stools and with analgesic, anti-inflammatory, anti-viral properties. Thyme is excellent for relieving diarrhea and marshmallow soothes gut lining, while peppermint, lemon balm, dill and chamomile reduce spasm and pain.

Ingredients

1 part dried dill
1 part dried peppermint
1 part dried thyme
1 part dried agrimony
1 part dried marshmallow
1 part dried lemon balm

Menstruum of choice to cover herbs.

Directions

Take 1 teaspoon in a little warm water 3 to 6 times daily.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

ERECTILE DYSFUNCTION

Man of Steel – E.D. Tincture

The herbs in ‘Man of Steel’ can enrich blood circulation in the penile cells, especially the corpus cavernosum. They perform synergistically to enrich the nerve impulses that increase the bloodflow to the penile cylinders, benefiting the penis to increase, straighten and stiffen faster. These influences help eliminate erectile dysfunction.

Some benefits of this tincture are:

Uninhibited expansion of all penile cylinders
Support of erectile tissue health
Improvement of blood flow to the penis
Improvement of erectile function, including stiffness and angle

This recipe will use grams instead of parts as it is a very complex formula.

Ingredients
18 grams of Rehmannia Glutinosa (Shu Di Huang)
15 grams of Epimedium Grandiflorum (Yin Yang Huo)
12 grams of Cuscuta Chinensis (Tu Si Zi)
10 grams of Cnidium Monnieri (She Chuang Zi)
8 grams of Cistanches Desertecolae (Rou Cong Rong)
8 grams of Dioscorea Opposita (Shan Yao)
8 grams of Alisma plantago (Ze Xie)
8 grams of Paeonia suffruticosa Cortex (Mu Dan Pi)
8 grams of Cornus Officinalis (Shan Zhu Yu)
8 grams of Poria Cocos (Fu Ling)

Menstruum of choice to cover herbs.

Directions
Take 30 drops three times daily

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

EYE STRAIN

Eagle Eyes – Eye Health Tincture

Our eyes are possibly our most valuable asset, ask anybody who wears glasses and they will tell you. However, with all of the modern distractions such as TV, video games and computers (not to mention mobile phone screens), our eyes are getting a bum deal.

I say it's time to help our eyes repair and strengthen.

Ingredients

1 part Fennel seed
1 part Nettle Leaf
1 part Dandelion root
1 part Eyebright

Menstruum of choice to cover herbs.

Directions

Recommended dosage for adults: 20 drops, 2 times daily with meals

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

HEADACHES

Headway – Headache Tincture

Nobody likes headaches, but we seem to be getting more of them. Stress, eye strain, anxiety are all typical aggravators of a headache. However, at least you can carry your emergency headache first aid kit with you which contains no harsh chemicals, medicines or other nasty stuff. It tastes nice with a little honey or lemon too.

Ingredients

3 parts lemon balm
2 parts feverfew

Menstruum of choice to cover herbs.

Directions

Take 20 drops with or without warm water as needed but not more than twice per hour.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

IMMUNE BOOSTER

BRING IT ON – IMMUNE BOOSTING TINCTURE

Your immune system is the first and last line of defence against infection, be it bacterial or viral, so it makes perfect sense to get the best you can. While we can't go to ebay and buy a new immune system, we can 'pimp' our own so it's a lean, mean disease busting machine.

Ingredients

2 parts Echinacea Root
2 parts Elderberry
1 part Echinacea Leaf
1 part Olive Leaf
1 part Rosehips

Menstruum of choice to cover herbs.

Directions

Take 35 drops to 88 drops once per day.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

INSOMNIA

LAND OF NOD - INSOMNIA TINCTURE

This is a very lightweight tincture with exceptional results. There's nothing quite like a good nights restful sleep, but if you don't get it for whatever reason, then everybody knows about it. Don't get caught up in the cycle of not sleeping, then staying awake all night worrying about not sleeping, just drop some of this into warm milk and drift away.

Ingredients

2 parts dried Yarrow flowers
2 parts dried Catnip
2 parts dried Oatstraw
2 parts Chamomile flowers
1 part dried Mint leaves
1 part dried Hops flowers
1 part dried stevia leaf (optional to sweeten)

Menstruum of choice to cover herbs.

Directions

Normal dose is 2-3 droppersful for adults and 1 dropperful for kids over two. Start with a very small dose, especially in children, as it typically works very well, even at low-doses

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

RIP-VAN STINKLE - INSOMNIA TINCTURE

Ok, I know it was a bad name, but when you make this you'll know why I chose it. While Valerian root is extremely effective, it also has a very pungent aroma, a distinctive 'stink' all of its own. Everybody in your home will know when you're making this.

Ingredients

4 parts dried Valerian root
1 part dried Hop flowers
1 part chamomile flowers

Menstruum of choice to cover herbs.

Directions

Take 1 or 2 dropperfuls every night 30 minutes prior to bed.

Warnings

Valerian is only recommended for short-term use
If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

MIGRAINE

HEAD CASE – MIGRAINE RELIEF TINCTURE

Nobody ever wants to experience a migraine, I had them for years, and they are NOT a fun experience. So in order to reduce their impact I started out making this recipe, based on the headway headache formula. I had no idea how effective it would be, if you suffer with migraines, you need to try this while relaxing back with a nice hot drink of your choice.

Ingredients

3 parts lemon balm
2 parts feverfew
2 parts ginkgo biloba
2 parts chamomile flowers

Menstruum of choice to cover herbs.

Directions

Take 20 drops with or without warm water (or a hot drink of choice) as needed but not more than twice per hour.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

P.M.S.

P.M.YES! – PMS RELIEF TINCTURE

What more do I need say girls? This is like liquid chocolate, try it.

Ingredients

1 part Pennyroyal
1 part Passion Flower.
1 part Star Anise
1 part Valerian root
1 part Baneberry herb

Menstruum of choice to cover herbs.

Directions

This is a formulation designed to regulate menstrual flow, soothe menstrual cramps, and balance hormone levels in the body during erratic menstrual cycles.

Use 30 to 60 drops per dose straight or with warm water as tea up to 4x daily for no longer than 2 week continuously.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

SINUS FORMULA

BREATHE EASY – SINUS RELIEF TINCTURE

Allergies, colds, and flu all leave their mark on our poor sinuses. Sinus congestion contributes to further disagreeable conditions for example coughing, sneezing, congestion, obstructed ears and mild to severe headaches. This strategy is my favorite for discharging the sinuses and maintaining them unobstructed.

Ingredients

2 parts Oregon Grape root
2 parts Elderberry
2 parts Elecampane root
2 parts Usnea lichen
1 part Yarrow flower and leaf
1 part Horseradish root

Menstruum of choice to cover herbs.

10 drops Cayenne pepper tincture per 1 ounce (30ml) finished remedy

Directions

Recommended dosage for adults: 2 dropper's full 3 times daily with meals and 2 dropper's full before bed. Continue use for 2 weeks after symptoms subside.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

SKIN BLEMISHES

LOOKING GOOD – BLEMISH & BREAKOUT TINCTURE

We all love clear, bronzed skin without imperfections, but we cannot all get it, especially with the amount of pollutants in the air in your normal everyday life.

However help is at hand in the form of yarrow. Its beautiful flowers will soon look positively dull in comparison to your youthful and radiant skin.

Ingredients

1 part yarrow

Menstruum of choice to cover herbs.

Directions

A smallish mist container filled with yarrow tincture is the best way to apply a mist on the face or to any other area which may be in need of infection-proofing. Twice daily use--first thing each day and last thing at night--cuts down on, or even eradicates, blemishes, acne, and sometimes even rosacea, usually within a month.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

VITAMINS

5-A-DAY – VITAMIN TINCTURE

It has been said that we can no longer get all of our vitamins and minerals from our diets due to over farming. So the sensible choice is to supplement our diets with sustainable and natural alternatives.

Ingredients

2 parts red raspberry leaf
1 part rosehips
1 part dandelion leaves
1 part chamomile flowers
2 parts oat straw
2 parts nettle
1 part catnip
2 parts alfalfa

Add burdock in at 1% of total volume.

Menstruum of choice to cover herbs.

Directions

Take 1 dropperful twice daily with food.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.
This should be avoided by pregnant or lactating mothers.

Green Giants – Vitamin Tincture

Green giant, so called after its all green ingredients, helps to not only nourish your body with vital vitamins but also helps to reduce your Acidic ph level at the same time.

Ingredients

3 parts Alfalfa
2 parts Red Raspberry Leaf
2 parts Dandelion Leaf
1 part Stevia (optional-for taste)

Menstruum of choice to cover herbs.

Directions

1 teaspoon up to three times a day as needed (or 1 tablespoon in the morning). Kids usually get 1/2 to 1 teaspoon per day)

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue, consult your doctor.

WEIGHT LOSS

LIGHTER THAN LIFE – WEIGHT LOSS TINCTURE

While drinking an herbal tea concocted using Lighter Than Life tincture…one can expect to experience the following benefits:

- Slimmer waistline
- Mood stabilization
- Better sleep
- Increased libido
- Regular bowel movements
- Decrease in water retention
- Clearer more balanced skin complexion

Ingredients

8 parts Nettle leaf
8 parts Eleuthero root
4 part Senna leaf
4 part Dandelion leaf
4 part Marshmallow root
4 part Slippery elm bark
2 part Sweet Cinnamon Bark
2 part Orange peel
2 part Ginger root
1 part Fennel seeds

Menstruum of choice to cover herbs.

Directions

Add 1 whole dropperful to hot water to drink as a tea. Drink as many as 8 cups per day.

Warnings

If a rash or any unusual irritation develops, discontinue using Tincture.
If, after having used this treatment for two weeks and your symptoms continue,

consult your doctor.

Free recipes & Formulations

Don’t forget, to get your free recipes and much, much more, simply head on over to

http://ross.theherbalworkshop.co.uk

Send us your email and first name and I will ensure that you get fantastic value for money with ongoing, free recipes and formulations in our spectacular herbal health newsletter.

Other books of interest:

How to Make Herbal Teas and heal your body naturally

Written by: Jessica Ross
Amazon ASIN: B00FRGQ0GA

Maybe you'd like to start using herbal teas as all natural remedies for your well being, but you're not quite ready to enter the enormous and often confusing world of homeopathy? Drinking herbal tea is a good way to start treating your ailments naturally and effectively, using simple and cheap herbs, which you probably have some of in your kitchen already.

How to Grow Strawberries Using Only Organic Methods

Written by: Laura Crouch
Amazon ASIN: B00FRH48DQ

Before you start thinking that growing strawberries must be too hard otherwise everybody will be doing it, it's easier than you could imagine. Dirt, plants and a bit of care is all you need to grow a bounty of delicious and nutritious dessert that your neighborhood will be envious of and your neighbors will desire.

How to Cook Strawberry – 20 foolproof, easy, fast & cheap recipes

Written by: Antoine Rochelle
Amazon ASIN: B00FRHA44I

Strawberries. The small, squishy red fruit that has been coveted by generations. Why does the tantalizing, sweet little berry tempt us so much? Why do we see it as a sign of summer and of lavish desserts? Whatever the reason, making desserts with them transforms them from decadent fruits into total temptation for your taste buds.